At the present time, the Public Health Service has this advice to give to the smoker:

- Switching from high-yield cigarettes is a good thing. The Public Health Service's formal position is that, "the preponderance of scientific evidence continues to suggest that cigarettes with lower 'tar' and nicotine be less hazardous."
- However, shifting to a less hazardous cigarette may in fact increase the hazard if more cigarettes are smoked or are inhaled more deeply.
- And, most important, even the lowest-yield cigarettes present health hazards very much greater than would be encountered if no cigarettes were smoked at all.

John M. Pinney, The Tobacco Industry in Transition, Policies for the 1980s, pp. 241-245

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Source: https://www.industrydocuments.ucsf.edu/docs/gkhk0001